

# TRAIL MIX

## FRUIT AND NUT

for use in the USDA Household  
Commodity Food Distribution Programs

### Product Description

**Trail Mix** may be made of any of the following: dried cranberries, dried dates, dried figs, dried plum pieces, walnuts, almonds, or dried cherries. The label will indicate ingredients.

### Pack

Trail Mix comes in 1-pound packages, approximately 2½ cups total volume per package, or 7½ 1/3-cup servings.

### Storage

Unopened packages will keep for 6 months in a cool, dry place. If package is opened, store in the refrigerator for up to 6 months.

### Uses and Tips

- Serve Trail Mix, from the package, as a meal-time fruit choice.
- Repackage to take as a snack or in a bag lunch.
- Serve as a delicious nutritious topping for ice cream or yogurt or cereal at breakfast.



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### Nutrition Information

***Trail Mix*** is a good source of healthful carbohydrate and fiber.

#### Nutrition Facts

Serving size 1/3 cup (53g) trail mix with cranberries, dried dates, dried figs, dried plum pieces, and walnuts.

#### Amount Per Serving

<b>Calories</b>	198	<b>Fat Cal</b>	65
<b>% Daily Value*</b>			
<b>Total Fat</b>	7.2g		<b>11%</b>
Saturated Fat	.6g		<b>3%</b>
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	0mg		<b>0%</b>
<b>Total Carbohydrate</b>	32g		<b>10%</b>
Dietary Fiber	4g		<b>18%</b>
Sugars	22g		
<b>Protein</b>	2g		
Vitamin A	2%	Vitamin C	1%
Calcium	3%	Iron	5%

\*Percent Daily Values are based on a 2,000 calorie diet.

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